

## Live to 100. Start today.

To live to 100, eat right to reduce risks for cancer, cardiovascular diseases, type 2 diabetes and Alzheimer's disease



To live to 100 is many people's wish. From a longevity point of view, lifespan is determined by net cumulative damage to your body, which is equal to (damage accumulated overtime) - (damage repaired). What this means is that the less damage you incur, the longer, healthier and happier life you will likely have. The earlier you start, the greater life extension you can achieve. Take action today to minimize or delay major life killers:

- Cardiovascular Disease: Plaque begins to accumulate in your arteries in your 20s which triggers a cascade of physiological events leading to inflammation and arterial wall damage. If you have dyslipidemia, otherwise known as high triglycerides, LDL or total cholesterol and/or low HDL, risk for atherosclerosis, heart disease and death can significantly increase even at this young age. Prevent this damage by [knowing your genes to prevent dyslipidemia](#).
- Cancer: Oxidative damage caused by normal physiological processes and from environmental pollutants is known to damage our DNA, which overtime can increase the chances of developing cancers. A diet that is rich in fruits and vegetables is bountiful in antioxidants – chemicals that can absorb DNA-damaging agents and may prevent cancer. [Learn more about dietary and lifestyle choices to prevent cancer](#).
- Type 2 diabetes: Overweight and obesity is one of the biggest predictors of type 2 diabetes. By maintaining a healthy weight and exercising you can reduce your risk for developing type 2 diabetes and the damage it causes to organs. Know your genes to prevent [overweight and obesity](#) and [type 2 diabetes](#).
- Dementia: Alzheimer's disease is the sixth leading cause of death in the United States. Carriers of two E4 alleles in their APOE gene have higher levels of cholesterol and a 20 times greater chance of developing Alzheimer's later in their life. [Learn how to eat right for your APOE genotype](#).

The speed of accumulation of damage and your ability to repair it are influenced by both genetic and environmental factors. By knowing your genes and eating right for your health, you can avoid the top killers and significantly extend not only the length of your life but the extent of your health and happiness.

The **HealthWatch 360 online tool** or **mobile app** can guide you to reach a healthy diet and balanced nutrition. To live to 100, start eating right for your genes today!

iPhone app:

[bit.ly/healthwatch360-app](http://bit.ly/healthwatch360-app)

Android app:

[bit.ly/healthwatch360-android](http://bit.ly/healthwatch360-android)

*\* The HealthWatch 360 app (for iPhone, iPad, and Android) is free to download.*

Source:

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